

City of Oshawa

Recreation Facilities with Ice Skating

Children's Arena (1 pad)

905-725-8071

155 Arena St.

- ◆ Leisure Skating

Harman Park Arena (2 pads)

905-723-8025

829 Douglas St. at Wolfe

- ◆ Leisure Skating

Donevan Rec Complex (1 pad)

905-725-3536

171 Harmony Rd. S.

- ◆ Leisure Skating
- ◆ Learn to Skate
- ◆ Hockey Skills

Legends Centre (4 pads)

905-436-5455

1661 Harmony Rd. N.

- ◆ Leisure Skating
- ◆ Learn to Skate
- ◆ Hockey Skills

General Motors Centre (2 pads)

(Shared Athletic Facility)

905-438-8881

99 Athol St. E.

Campus Ice Centre (2 pads)

(Shared Athletic Facility)

905-721-3230

2200 Simcoe St. N.

For a complete list of current Ice Program offerings
and Leisure Skating Schedules visit
www.oshawa.ca/recreation

To rent ice at any arena call the Facility Booking Office at 905-436-3888.



**Your family's safety is your
responsibility.**

**Please wear a helmet while
skating.**



Skating & Hockey Programs A Beginner's Guide



In This Guide You'll Learn:

- ◆ Skating tips
- ◆ How skates should fit
- ◆ How hockey equipment should fit
- ◆ Contact information for ice skating at City recreation facilities

For More Information on Skating & Hockey Programs Contact:

- ◆ Donevan Recreation Complex at 905-436-5636 ext. 5708
- ◆ Legends Centre at 905-436-5636 ext. 5402



www.oshawa.ca

Skating Tips

- ◆ CSA approved hockey helmets are required for all participants registered in City of Oshawa ice programs and full face masks are recommended for young children.
- ◆ Wear loose, comfortable, warm clothing and mitts while skating.
- ◆ Bend your knees in a 3-point position (shoulder over knees and toes). Your feet should be hip distance apart and both skate blades facing the same direction.

Your blade has 3 edges:

The FLAT: This is what you'll use when standing on the ice. It's the entire centre length of the blade.

The INSIDE EDGE: When looking down at your blades, the inside edge is the part closest to your big toe and runs the length of the blade. Relax your ankles and drop them slightly toward each other and you'll be balancing on the inside edge.

The OUTSIDE EDGE: When looking down at your blades, the outside edge is the part closest to your little toe and runs the length of the blade. Stiffen your ankles and splay your feet like a duck leaning out and you'll be balancing on the outside edge.

Skating Forward:

- 1) Use your inside edges to push and your flats to glide forward.
- 2) Keep your arms out to the side for balance and bend your knees.
- 3) Most of all **HAVE FUN!**

How Skates Should Fit

- ◆ Wear thin socks when trying on skates and measure the foot for proper skate sizing.
- ◆ Skates should fit snug, so start with skates a 1/2 size smaller than your shoes.
- ◆ Your toes should slightly touch the toe of the boot and the heel should feel stable.
- ◆ Tap your heel on the floor several times to firmly set it into the back of the boot.
- ◆ Lace the skates firmly but comfortably for a snug fit. Choose the proper length for laces. Laces should not be tied around the skate boot (ankles).
- ◆ If your toes are scrunched up, the skate is too small. If your foot has any room to move inside the boot, the skate is too big.
- ◆ If the skate feels too narrow, try the same size in a wider width boot.
- ◆ Every foot is different, try on several pairs of skates for the best comfort and stability.
- ◆ Sharpen new skates; leave the pick on figure skate blades; sharpen skates every 10-15 hours on the ice.
- ◆ When buying skates for a child, use the following steps to check the fit of the skate:
 - Step 1: Remove the insole from the skate and ask the child to stand on it.
 - Step 2: Make sure the heel is properly aligned with the heel of the insole.
 - Step 3: The big toe should almost reach the front edge of the insole, with no more than half an inch of space to allow for growth during the skating season.

How Hockey Equipment Should Fit

Proper fitting hockey equipment is vital to your child's safety and enjoyment of the game of hockey. The following are some important tips to ensure your child is comfortable and protected on the ice this hockey season. Please see the previous section for information on how hockey skates should fit.

Helmet:

- ◆ Should rest half-an-inch above the eyebrow.
- ◆ Every helmet should be CSA approved and be easily adjustable.
- ◆ The chin strap should fit snugly under the chin; if more than one finger fits between the strap and the chin, the helmet is too loose.

Shoulder Pads:

- ◆ Protective caps should be positioned on top of the shoulders and should completely cover the shoulders, upper back, chest and upper arms to the elbow pad; the back of the shoulder pads should overlap slightly with the pants.
- ◆ Test the fit by lifting arms over shoulders; make sure there is full range of motion and the pads don't dig into the neck area.

Elbow Pads:

- ◆ The elbow should fit comfortably into the centre of the elbow pad cup and should leave no exposed skin between the shoulder pad and the glove.
- ◆ The elbow pad should not restrict movement but should fit firmly and not slide up or down the arm.

Gloves:

- ◆ Should not overlap the elbow pads and the fingers should extend into the glove like a loose winter glove.
- ◆ Fingers should not go completely to the end of the glove as this could expose them to injury.
- ◆ Test gloves for comfort, weight, flexibility and movement by using a hockey stick.

Hockey Pants:

- ◆ Should come down to within an inch of the cap on the shin pad.
- ◆ Suspenders should be used for a young child in order to ensure that the hockey pants do not slide down during skating.

Shin Pads:

- ◆ The cap of the shin pad should be centered on the kneecap, with the pad above the kneecap and overlapping the pants by 2 inches.
- ◆ The shin guard should extend to about one inch above the foot without restricting skate movement.

Hockey Stick:

- ◆ As a rule of thumb, the butt end of a stick should rest at the height of the chin when wearing skates. Tape the butt end of the stick for grip and the blade for puck control.